

Atty. Dkt. No. 023340-0201

Amendments to the Claims/Listing of Claims:

Please amend claims 1, 17 and 18, and add new claims 20-28 as follows. In addition, please cancel claims 6-9, 12-13 and 19 without prejudice. This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) An exercise garment, comprising:
 - a torso portion adapted to substantially cover the torso of a user;
 - a manually adjustable tension control element, said tension control element being located in the front of said exercise garment and extending from the upper abdominal region to the lower abdominal region of said user;
 - wherein said tension control element comprises a corset arrangement extending from a top portion of said torso portion downward through at least a portion of said abdominal region;**
 - one or more flaps, each flap being secured substantially to a side of said torso portion; and
 - at least one fastener adapted to selectively secure said pair of flaps across at least a portion of an abdominal region of said user.
2. (Original) The exercise garment according to claim 1, wherein said one or more flaps includes a pair of flaps.
3. (Original) The exercise garment according to claim 2, wherein said pair of flaps overlap over said abdominal region when both flaps are secured.
4. (Original) The exercise garment according to claim 1, wherein said at least one fastener includes a hook-and-loop arrangement.
5. (Original) The exercise garment according to claim 4, wherein said hook-and-loop arrangement is adapted to provide adjustable positioning of said flaps.
- 6-9. (Cancelled)
10. (Original) The exercise garment according to claim 1, wherein said torso portion includes a plurality of pockets adapted to retain a weight.

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11. (Original) The exercise garment according to claim 1, further comprising:
a leg portion adapted to cover at least a portion of each leg of said user, wherein the leg portion includes a plurality of pockets adapted to retain a weight.
- 12-13. (Cancelled)
14. (Original) The exercise garment according to claim 1, wherein said torso portion is formed of a non-fibrous rubber.
15. (Original) The exercise garment according to claim 1, further comprising an accessory strap adapted to secure an accessory to said torso portion.
16. (Original) The exercise garment according to claim 15, wherein an audio player is secured to said accessory strap, said audio player adapted to play a recording.
17. (Currently amended) The exercise garment according to claim 16 ~~[[15]]~~, wherein said recording includes affirmation recorded in a user's voice.
18. (Currently amended) An exercise garment, comprising:
an integral body suit adapted to substantially cover at least a portion of a torso of a user;
a manually adjustable tension control element, said tension control element being located in the front of said exercise garment and extending from the upper abdominal region to the lower abdominal region of said user;
wherein said tension control element comprises a corset arrangement extending from a top portion of said torso portion downward through at least a portion of said abdominal region;
a pair of flaps attached to opposing sides of a waist portion of said body suit, each of said flaps having a free end; and
fastening means for selectively securing said free end of each of said pair of flaps across at least a portion of an abdominal region of said user.
19. (Cancelled)
20. (New) An exercise garment, comprising:
a torso portion adapted to substantially cover the torso of a user;

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a leg portion adapted to cover at least a portion of each leg of said user;
a manually adjustable tension control element, said tension control element being located in the front of said exercise garment and extending from the upper abdominal region to the lower abdominal region of said user;

one or more flaps, each flap being secured substantially to a side of said torso portion;

at least one fastener adapted to selectively secure said pair of flaps across at least a portion of an abdominal region of said user;

wherein said torso portion or said leg portion comprises a plurality of pockets adapted to retain a weight.

21. (New) The exercise garment according to claim 20, wherein said one or more flaps includes a pair of flaps.
22. (New) The exercise garment according to claim 21, wherein said pair of flaps overlap over said abdominal region when both flaps are secured.
23. (New) The exercise garment according to claim 20, wherein said at least one fastener includes a hook-and-loop arrangement.
24. (New) The exercise garment according to claim 23, wherein said hook-and-loop arrangement is adapted to provide adjustable positioning of said flaps.
25. (New) The exercise garment according to claim 20, wherein said tension control element includes:
a corset arrangement extending from a top portion of said torso portion downward through at least a portion of said abdominal region.
26. (New) The exercise garment according to claim 20, wherein said torso portion is formed of a non-fibrous rubber.
27. (New) The exercise garment according to claim 20, further comprising an accessory strap adapted to secure an accessory to said torso portion.
28. (New) The exercise garment according to claim 27, wherein an audio player is secured to said accessory strap, said audio player adapted to play a recording.